

Karpman Drama Triangle

Firmness, Authoritarian

Kindness, Permissive



BULLY



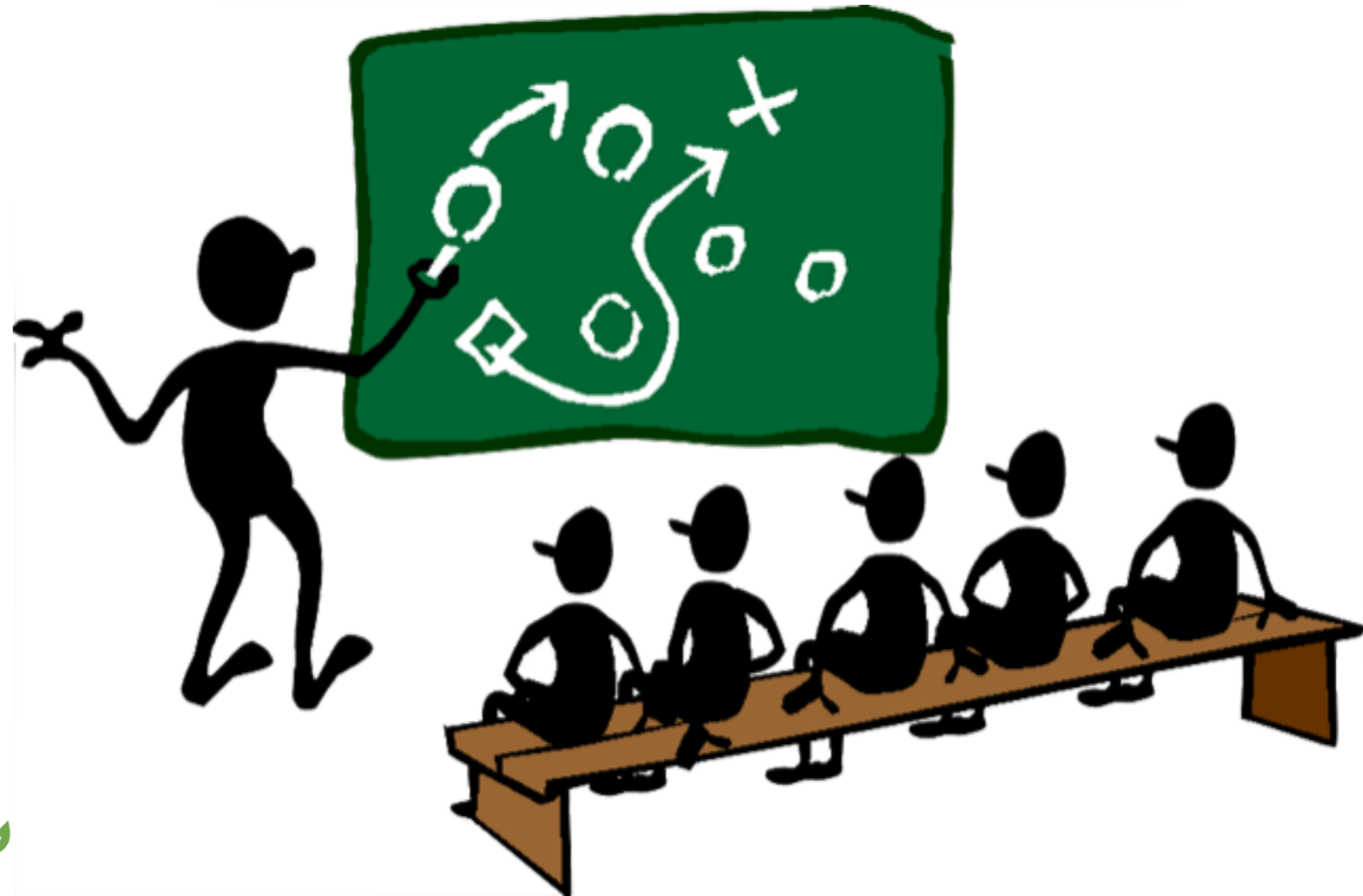
RESCUER



VICTIM



COACH

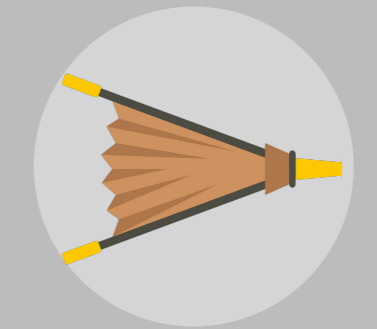


Ways We Deal with BIG Emotions

Rescuing or fixing



Reacting strongly, adding fuel



Demonstrating confidence to contain

